

## Year 6 Expedition Club - Parental Support Sheet

In order to make the sessions, mountain day and expedition safe and enjoyable for the children we need support from parents. Outlined below are the sessions with a star system to indicate the levels of support needed; from 0 stars = no support needed, up to 5 stars = lots of support essential. We fully understand that many parents work and that it can be difficult to find time to help out, that is not a problem. Please indicate on the sheet below and on the reverse if you are able to help. Could you please leave a contact mobile number and email and we will confirm via letter the sessions that different parents have signed up for?

Please be aware that we will need parents helping with the mountain day and expedition to have an up to date DBS check, which we can facilitate.

**Parent helpers should arrive 10 minutes before the start of the sessions for a quick briefing. Please meet Mr Duxbury in the staff room.**

Date of session	Focus of session	Location – subject to change	Help needed?	Can you help? Y/N
Mon 5 Mar 1.15 – 3.20pm	Aims of Expedition Club Clothing and equipment needs for coming weeks The layering system Working together to pitch tents	School grounds	★★★★	
Mon 26 Mar 9.00 – 3.20pm	Map skills Cunswick Scar and Golf Course Orientating map to ground Following line features Walking with a pack	Golf Course and Cunswick Scar	★★★★★	
Mon 23 April 1.15 – 3.20pm	Walking with a pack and navigating – Cunswick and Scout Scar	Cunswick and Scout Scar	★★★★★	
Mon 30 April 1.15 – 3.20pm	Cooking – Trangias	School grounds	★★★	
Mon 8 May 2.30 – 3.20pm	Mountain Day reflections	School		
Tue 15 May 1.15 – 3.20pm *SATs week – in school time	Mountain Map features Mountain Day final preparation	School	★	
Mon 5 June 2.00 – 3.20pm	Final expedition preparation Groups co-ordinate expedition equipment and rucksack weights	School	★★★★	
Thu 7 June 1.30 – 3.20pm	Final kit check	School	★★★★	

### The Mountain Day – Sunday 14<sup>th</sup> May all day

Sun 6 May – all day	On this day we will meet in the Lake District and have a full day walking in the mountains, returning in the evening. The children will have the chance to put into practice some of the skills they have learned in the sessions - walking with heavy packs, moving on steep ground, pitching/dropping tents, cooking on Trangias etc	★★★★★	
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### The 3 day Expedition – Saturday 10th June to Monday 12th June

Sat 9 June	Meet in Lake District Day of walking to the camp ground. Set up camp Camp overnight	★★★★★	
Sun 10 June	Day of walking in the Lake District Camp overnight	★★★★★	
Mon 11 June	Drop camp Half day of walking in the Lake District Return to pick up point early afternoon	★★★★★	

If you have any questions about any of the sessions detailed above, or the DBS check, please do not hesitate to come in and see us.

#### **Personal information:**

My name is:

My child is:

My relationship to the child is:

My mobile contact number is:

My email address is:

Any medical or other information that it will be important for us to know about you (strictly in confidence):

If you have any outdoor experience or qualifications relevant in the context of the sessions or expedition, could you please outline it below (not at all necessary!):